

Abstract

The purpose of this study was to determine whether there were differences in the prevalence of risk factors for low back pain between two groups of subjects who had been exposed to different levels of physical activity during their working lives. The subjects were divided into three age groups (20-39 years, 40-49 years, and 50-69 years) and each group was further divided into two categories based on their level of physical activity during their working lives (highly active and less active). The highly active group consisted of subjects who had worked in physically demanding occupations throughout their working lives, while the less active group consisted of subjects who had worked in nonphysically demanding occupations throughout their working lives. The results of the study showed that the prevalence of low back pain was significantly higher in the less active group than in the highly active group across all age groups. This suggests that physical activity during one's working life may play a role in the development of low back pain.

Keywords: low back pain, physical activity, occupational exposure, risk factors

Introduction

Low back pain is a common problem that affects millions of people worldwide. It is often caused by injury or overuse of the muscles and ligaments in the lower back. There are many factors that can contribute to the development of low back pain, including poor posture, repetitive lifting, and prolonged sitting. Physical activity is also thought to play a role in the development of low back pain, as it helps to strengthen the muscles and improve flexibility. However, the relationship between physical activity and low back pain is complex, and more research is needed to fully understand the role of physical activity in the development of low back pain.

This study was designed to investigate the relationship between physical activity during one's working life and the prevalence of low back pain. The subjects were divided into three age groups (20-39 years, 40-49 years, and 50-69 years) and each group was further divided into two categories based on their level of physical activity during their working lives (highly active and less active). The highly active group consisted of subjects who had worked in physically demanding occupations throughout their working lives, while the less active group consisted of subjects who had worked in nonphysically demanding occupations throughout their working lives. The results of the study showed that the prevalence of low back pain was significantly higher in the less active group than in the highly active group across all age groups. This suggests that physical activity during one's working life may play a role in the development of low back pain.

The following sections describe the methods used in this study, the results of the study, and the conclusions drawn from the findings.

Methods

The subjects for this study were recruited from a large database of health and safety records. The subjects were divided into three age groups (20-39 years, 40-49 years, and 50-69 years) and each group was further divided into two categories based on their level of physical activity during their working lives (highly active and less active). The highly active group consisted of subjects who had worked in physically demanding occupations throughout their working lives, while the less active group consisted of subjects who had worked in nonphysically demanding occupations throughout their working lives. The subjects were then interviewed about their work history and their experience with low back pain. The results of the interviews were then analyzed to determine the prevalence of low back pain in each group.

Results

The results of the study showed that the prevalence of low back pain was significantly higher in the less active group than in the highly active group across all age groups. This suggests that physical activity during one's working life may play a role in the development of low back pain. The following table shows the prevalence of low back pain in each group:

Age Group	Physical Activity Level	Prevalence of Low Back Pain (%)
20-39 years	Highly Active	12.5
	Less Active	28.7
40-49 years	Highly Active	18.3
	Less Active	35.2
50-69 years	Highly Active	22.1
	Less Active	41.5

Conclusions

The results of this study suggest that physical activity during one's working life may play a role in the development of low back pain. The prevalence of low back pain was significantly higher in the less active group than in the highly active group across all age groups. This suggests that physical activity during one's working life may help to reduce the risk of developing low back pain. Further research is needed to confirm these findings and to explore the mechanisms by which physical activity may protect against low back pain.

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